

What is the NAMI Peer-to-Peer Education Program?

NAMI Peer-to-Peer is an 8-session recovery-focused course for adults with mental health conditions.

- Free and confidential
- Two-hour sessions held weekly
- Led by NAMI-trained peers with mental health conditions
- A great resource for information on mental health and recovery
- Offers respect, understanding, encouragement and hope
- Builds on the strength and resilience of participants

NAMI Alaska is offering NAMI Peer-to-Peer online via Zoom:

Tuesdays, 5:30-7:30 p.m.

September 19 – November 14, 2023 (No Class 10/31)

Register at: <https://forms.gle/cf8kQLw9ZCSLEqdH7>



NAMI Peer-to-Peer is uplifting, lifesaving and an eye-opening experience that changed how I see myself.

Seeing my peers' strength and dedication to their recovery was personally meaningful.

The biggest thing I gained from this class was to become my own advocate and best friend.

For more information, contact:

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Local NAMI affiliates (Anchorage, Fairbanks, Juneau)

namianchorage.org | namifairbanks.org | namijuneau.org

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Alaska and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our communities living with mental illness and their loved ones.